

# November

# CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

# 2017

Retreats

Meditation

Study Programs

Buddhist Teachings

Wellbeing Programs

Traditional Arts & Rituals



**CHENREZIG INSTITUTE**

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**Chenrezig Institute is affiliated with the FPMT**

The Foundation for the Preservation of the Mahayana Tradition is a worldwide organisation of over 150 centres founded by **Lama Yeshe and Lama Zopa Rinpoche**

# Welcome

As the year begins to come to an end carve out some time to nourish the qualities that will keep you calm and sane all the way through this silly season.

November sees a rich array of offerings on our program catering for students of all tastes. Beginning students will enjoy our Open Day and our Guidelines for Creating Contentment program. While Geshela will guide more advanced students with the Introduction to Tantra Retreat and Awakening your Blissful Nature. Our Unbound Heart Retreat provides a peaceful oasis in a this hectic month or sample the many relaxing options on our Wellbeing program. *See you soon.*

## Meet our Sangha

Chenrezig Institute is home to our resident teacher Geshe Phuntsok Tsultrim and a community of ordained monks and nuns: the sangha. These spiritual friends have made the lifelong commitment hold the vows given by the Buddha. They generously help us all to understand the Buddha's profound teachings.

You can make an appointment with one of our sangha through reception.  
[info@chenrezig.com.au](mailto:info@chenrezig.com.au)



Geshe Phuntsok Tsultrim (left) was specially chosen as our resident teacher by our Spiritual Director Lama Zopa Rinpoche

## Gubbi Gubbi

The Gubbi Gubbi people are the traditional custodians of this land. We pay our respects to the Elders of the past, present and future. They hold the memories, the traditions, the culture and hopes for Aboriginal Australia. We remember that this land is, was and always will be traditional Aboriginal land.

## Thank you for your support

Chenrezig Institute exists due to the kindness and generosity of our community. The Dharma itself is priceless, but running a Dharma centre involves many expenses, even with mostly volunteers. Facility Fees allow us to make offerings to our teachers and staff, pay the bills and maintain our infrastructure. But they should not be a barrier for anyone. Please contact [spc@chenrezig.com.au](mailto:spc@chenrezig.com.au) if you need to make arrangements to attend our courses.

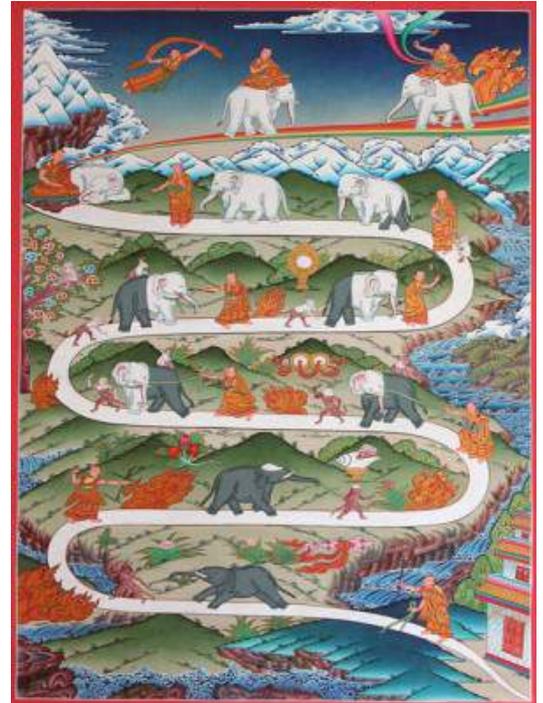
## Meditation and Retreat

### Calm Abiding Practice Day with Peter Shepherd

Shamatha, or Calm Abiding meditation, is designed to help you build a stable, calm base of relaxation. This soothing place is one you can return to when you need to recharge and regroup.

The practices are designed to create the mental space you need to make sound judgements and wise and compassionate decisions for yourself and others. Join this friendly group of meditators to help sustain your regular practice.

**Saturday 4<sup>th</sup> Nov, 9.00am - 3.30pm.**  
**Held in the Gompa at Chenrezig Institute.**  
**Facility fee \$25.**



*Peter Shepherd is a senior student of Chenrezig Institute's Advanced Studies Program. He is committed to sharing the benefits of meditation in a caring and supportive way.*

### Unbound Heart: A Retreat on the Four Immeasurables with Ven Tsultrim (Carla Pearse)

Whether you see yourself as Buddhist or not, this peaceful weekend retreat will use meditation and mindfulness practices to help us recognize that right now, we can benefit ourselves and others through changing the way we view and engage with the world.

Leave with the tools you need to change patterns of behavior, sooth your mind and go forward inspired.

**Friday 17<sup>th</sup> Nov, 6.30pm - Sunday 19<sup>th</sup> Nov, 4.30pm.**  
**Facility fee \$108.**



*Carla Pearse (Tsultrim) is a counsellor with a Master of International Studies in Peace and Conflict Resolution. She is also a Buddhist Nun, and Secular Mindfulness Trainer.*

Thank you for disposing of me respectfully

## Buddhist Teachings



### Awakening your Blissful Nature through the practice of the six perfections with Geshe Tsultrim

The Six Perfections are the practices leading to the expression of our own blissful Buddha Nature.

Join Geshe Tsultrim and Venerable Tony for this fascinating exploration of Buddha Nature and learn how practicing the six perfections invites positive and lasting change into our lives. Ven. Tony will discuss practical ways you can bring generosity, ethics, patience, joyous effort, concentration, and wisdom into your everyday life and further develop these qualities.

Each of the Six Perfections supports the other five, but the order of the perfections is significant also. The first three perfections -- generosity, ethics and patience -- are virtuous practices for everyone. The remaining three -- joyous effort, concentration, and wisdom -- are more specifically about spiritual practice.

***Geshe Phuntsok Tsultrim** is immensely popular for the warm and approachable way in which he presents the Dharma and inspires our community. He became a monk at Sera Je Monastery in India, where he was awarded his Geshe degree (the equivalent of a doctorate in Buddhist studies) in 2005. He began teaching at Chenrezig Institute in 2014 after being chosen for our community by Lama Zopa Rinpoche. He teaches in Tibetan with the help of his professional translator, Ven. Kartson.*

***Ven. Tony** trained and worked as a psychiatric nurse before he was ordained in 1991. He teaches around the world, sharing his understanding with gentle compassion.*

**Saturday 25<sup>th</sup> Nov, 9.00am - Sunday 26<sup>th</sup> Nov, 3.30pm.**  
**Held in the Gompa at Chenrezig Institute.**  
**Facility Fee \$108.**



## Weekly Programs

### Mind and Cognition (Lorig)

Understand the Buddhist view of the mind and discover how Buddhism explains the connection between thought and reality. This is an introduction to Buddhist psychology and includes an exploration of positive and negative emotions, and cognitive states. This weekly program by Geshe Phuntsok Tsultrim is suitable for students with some previous experience.

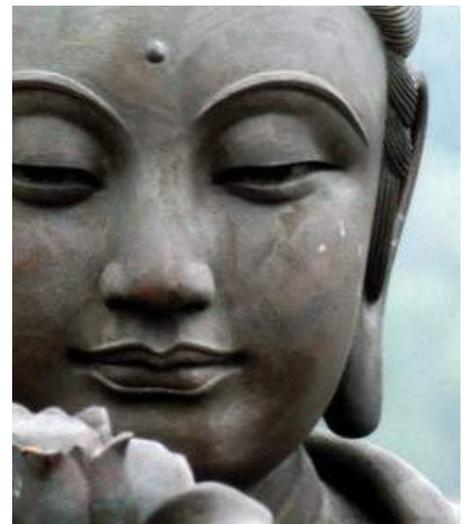
**Thursday 6.30pm to 8.00pm. Held in the Gompa at Chenrezig Institute. By donation.**



### Taste of Tibetan Buddhism

This introductory course covers topics such as mind and its potential, how to meditate, establishing a daily practice, karma, and transforming problems. A new topic is explored each week, making it an excellent opportunity to get an overview of core Buddhist teachings in the Tibetan tradition. You are also welcome to drop in and attend on a casual basis.

**Thursday 1.15pm to 2.30pm. Held in the Tara Room at Chenrezig Institute. By donation.**



### Four Hundred Verses by Aryadeva

Aryadeva shares a series of memorable stories and anecdotes that illustrate how our misconceptions prevent us from moving forward on the yogic path. This weekly program by Geshe Phuntsok Tsultrim is suitable for everyone.

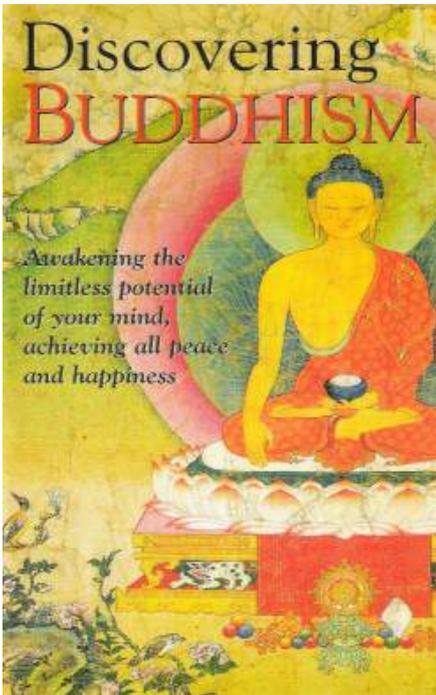
**Friday, 10.30am to 12 noon. Held in the Gompa at Chenrezig Institute. By donation.**

### Guided Meditation

Join one of our experienced Sangha members as they lead you through a reflective meditation.

**Friday, 1.15pm to 1.45pm. Held in the Gompa at Chenrezig Institute. By donation.**

## Ongoing Study Programs



### Discovering Buddhism: Introduction to Tantra Retreat with Geshe Tsultrim

Buddhist Tantra can be an effective means for rapid spiritual development. In this retreat, we reflect on the teachings and instruction from the previous 'Introduction to Tantra' teaching module of the Discovering Buddhism program. The retreat offers group practice and meditation, and provides time and space to reflect on the teachings, ask questions and to participate in discussions. It is an excellent opportunity to clear away any doubts you may have, and get useful advice on how to stay inspired and overcome obstacles. This study program is not suitable for beginners.

**Saturday 11<sup>th</sup> Nov, 9.00am - Sunday 12<sup>th</sup> Nov, 3.30pm.**  
**Held in the Gompa at Chenrezig Institute. Facility fee \$108.**

*This module of the Discovering Buddhism will be taught by Geshe Tsultrim with the assistance of Venerable Pema. We will start a new round of DB in 2018.*



### Advanced Study Program: Lam Rim, the Graduated Path to Enlightenment with Geshe Tsultrim

We offer a full-time comprehensive, practice-oriented course of Buddhist study for students who wish to extend their understanding of Buddhist thought to a university level in this five-year course, designed by Kyabje Lama Zopa Rinpoche.

All six modules in 2017 are devoted to an extensive study of lam-rim. This is a rare life-changing opportunity for committed students to deepen their wisdom and compassion through study, reflection and service. More information is available at [BSP@chenrezig.com.au](mailto:BSP@chenrezig.com.au)

*Geshe Phuntsok Tsultrim our resident teacher works with translator and tutor Ven. Kartson to guide our Sangha and committed students within the Advanced Study Program.*

**Thank you for disposing of me respectfully**

## Family and Social Events

### Welcome Day

#### Sunday 5th November - Everyone Welcome!

Welcome Days are filled with opportunities to explore what Chenrezig Institute has to offer. Bring the whole family for a relaxing day out!

Start the day with a short introduction and peaceful guided meditation in the Gompa (Temple). Allow yourself to unwind and relax as you wander to the Garden of Enlightenment. Enjoy the sun on the prayer wheel lawn with the beautiful music of Owen Van Larkins, or bring your family to Dharma Club for fun children's activities in the Gompa.

Join us for a delicious vegetarian lunch in the Big Love Café and then head back to the Gompa to hear Geshe's talk "What's it all About?" Refresh yourself with our famous chai and cake for afternoon tea before visiting our art studio for a workshop on traditional Buddhist painting that everyone can enjoy.

**All activities on Welcome Day are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp. Please book your lunch by 10am on the day of the event so that we can prepare something delicious for you. See Website for further details.**

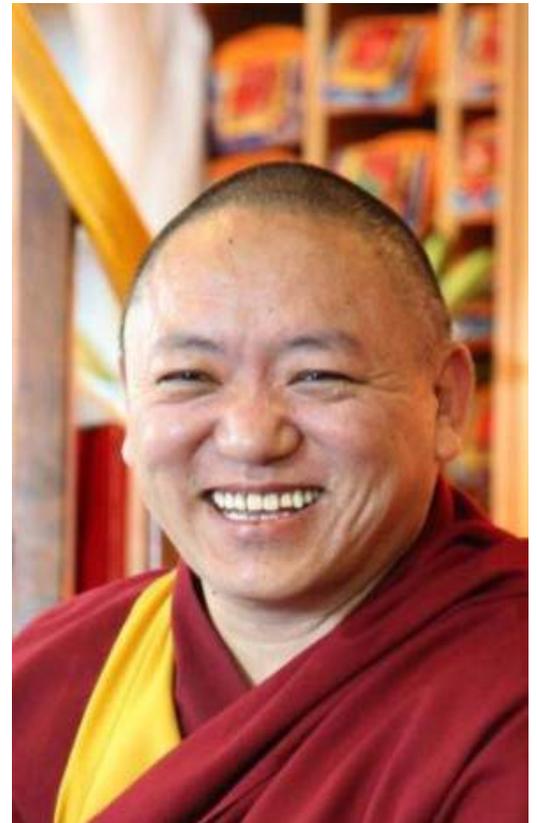
#### "What's it all about?"

#### A talk for Beginners by Geshe Tsultrim

Geshe Tsultrim introduces Buddhism in a fun and informative way. This is a great session for beginners with time to answer your questions too.

**Sunday 5<sup>th</sup> Nov, 2.00pm - 3.00pm.**

**Held in the Gompa at Chenrezig Institute. By donation.**



*Geshe Phuntsok Tsultrim is our resident teacher with over two decades of wisdom to share in his warm and encouraging style.*

**Thank you for disposing of me respectfully**

## Family and Social



### Dharma Club for Families

Children over five and their parents are invited to join us for meditation, stories, puppet play, yoga and creative experiences in a welcoming family environment. Sessions are based on the 16 Guidelines for Life. This month's program will take place in the Gompa (Temple).

**How we Think** (Humility, Patience, Contentment, Delight), **How we Act** (Kindness, Honesty, Generosity, Right Speech) **How we Relate to Others** (Respect, Forgiveness, Gratitude, Loyalty) **How we Find Meaning** (Aspiration, Principles, Service, Courage)

**Sunday 5<sup>th</sup> Nov, 10.15am - 12noon.**

**Held in the Gompa at Chenrezig Institute. By donation.**

## Traditional Arts and Rituals



### Buddha Day - Lhabab Duchen

Lhabab Düchen, also known as Buddha's Descent from Tushita, is one of the four great holy days of the Tibetan calendar. As a Buddha Multiplying Day, karmic results of actions on this day are multiplied one hundred million times. This amazing result is sourced by Lama Zopa Rinpoche to the vinaya text Treasure of Quotations & Logic.

To make the most of this opportunity we have scheduled a range of auspicious activities such as creating Holy Objects Workshop, making extensive light offerings and of course Geshela's teachings. We will finish the day together with a beautiful Shakyamuni Buddha Puja. Please see our website for the exact times of events.

**Friday 10<sup>th</sup> Nov - Everyone Welcome!**

**All activities today are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp. Please book your lunch by 10am on the day of the event so that we can prepare something delicious for you. Lama Zopa offers lunch to anyone who works with holy objects today.**

**Thank you for disposing of me respectfully**

## *Traditional Arts and Rituals*

### **Tsa Tsa Painting Workshop**

Join us as we paint these beautiful Buddhist icons, bringing forth our own joy as we reflect on their special qualities. A relaxing and meaningful way to unfold your creativity.

**Sunday 5<sup>th</sup> Nov, 1.00pm - 4.00pm. Held in the Art Studio at Chenrezig Institute. By donation.**

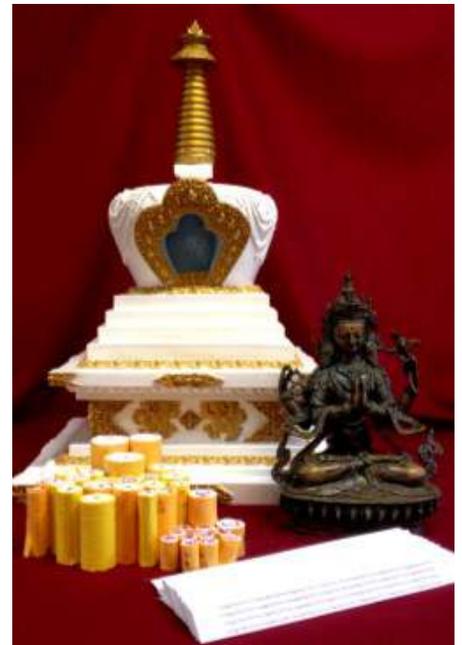


### **Mantra-rolling workshop**

Mantras, meaning 'mind protection', are Sanskrit syllables recited as part of meditation practice. They bring benefit to all who see, touch, hear or speak them.

Join us in the Art Studio for the relaxed and calm process of mantra rolling. No experience necessary. Our Chenrezig Arts community will lead you through this inspiring practice.

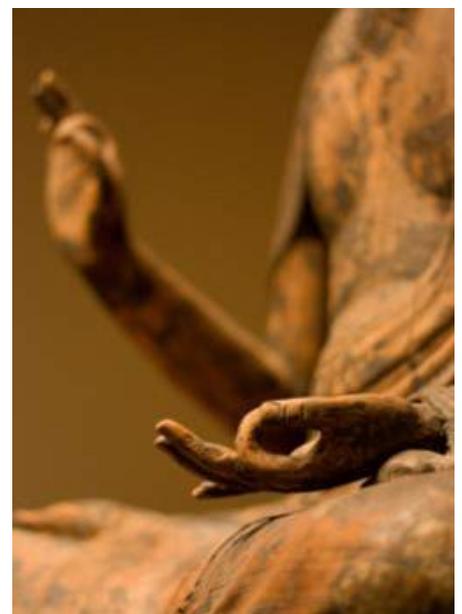
**Sunday 12<sup>th</sup> Nov, 10.00am - 3.00pm. Held in the Art Studio at Chenrezig Institute. By donation.**



### **The 1000 Arms of Chenrezig Institute**

By becoming a member of 1000 Arms of Chenrezig Institute, you are supporting the growth and flourishing of the Buddha's teachings in Australia and beyond. Through the merit of your generosity you establish a connection with the deity of compassion Chenrezig and His Holiness the Dalai Lama. As a token of our appreciation we offer a range of benefits including course and accommodation discounts, special prayers and pujas, as well as access to FPMT online learning.

You can find out more on our website:  
[www.chenrezig.com.au/helping/become-a-member/](http://www.chenrezig.com.au/helping/become-a-member/)





### Guru Puja

Recognising the kindness of our teachers, we give thanks for their wisdom and compassion. Guru puja is mostly chanted in Tibetan and takes about two hours including offerings of chai and food.

**13<sup>th</sup> Nov from 6.30pm in the Gompa.**



### Tara Puja

The enlightened activities of the Buddhas manifest in this female aspect to help living beings successfully accomplish their goals.

Tara puja is a mix of Tibetan and English and takes one hour, during which we offer chai and cake.

**26<sup>th</sup> Nov from 6:30pm in the Gompa.**



### Vajrayogini Practice

This is an intimate practice day, only for students with the appropriate initiation. There is an additional self-initiation after lunch for those qualified by the approach retreat.

**19<sup>th</sup> Nov 9.30am - 3.00pm in the Tara Room, below the Gompa.**



### Dzambala Puja

A puja to increase each student's generosity, resulting in both spiritual and material abundance. Dzambala puja is a mix of Tibetan and English and involves water offerings to Dzambhala. It takes about one hour.

**5<sup>th</sup> Nov from 6.30pm in the Gompa.**



### Medicine Buddha Puja

A puja to remove health and life obstacles and increase wellbeing and prosperity. Medicine Buddha puja is predominantly in English and takes about an hour, during which we offer chai.

**4<sup>th</sup> Nov from 5.00pm in the Gompa.**



### Vajra Cutter Sutra Recitation

This text is recommended for the long and healthy life of Lama Zopa Rinpoche.

**18<sup>th</sup> Nov from 9.00am in the Tara Room, below the Gompa.**

## Upcoming Retreats



### Beyond Disappointment and Delight with Ven Tsultrim

Lama Yeshe used to talk about our yo-yo mind. *"I get a present! I feel so happy!" "I lost that wonderful gift. I'm so unhappy."* We have bought into the appearances of this life, thinking that money and material things, praise and approval, a good reputation and marvelous sense experiences are the epitome of happiness. But then we get disappointed and frustrated when we discover that they don't give us genuine happiness, but fear of losing what we have, jealousy when others have more, and an empty feeling inside our hearts.

Ven. Tsultrim will guide us to stop looking at what we can get from the world and refocus on what each of us can bring to it. Step out of the cycle of Disappointment and Delight and connect with genuine happiness.

**Friday 1<sup>st</sup> Dec, 6.30pm - Thursday 7<sup>th</sup> Dec 3.30pm. Held in the Gompa at Chenrezig Institute. Facility Fee \$250.**

### Overflowing with Compassion: Chenrezig Retreat with Ven Damchoe

*"A mind committed to compassion is like an overflowing reservoir - a constant source of energy, determination and kindness."* His Holiness the Dalai Lama Compassion, the wish that everyone be free of suffering, lies at the heart of the Buddhist path. This retreat focuses on developing compassion through the joyful and uplifting practice of reciting the mantra of Chenrezig, the Buddha of compassion. This retreat is dedicated to the long life of the Dalai Lama.

Everyone is welcome! You don't need any previous retreat experience to participate in this life-changing opportunity.

**Friday 15<sup>th</sup> Dec, 6.30pm - Sunday 17<sup>th</sup> Dec, 3.30pm. Held in the Gompa at Chenrezig Institute. This course is offered for FREE to participants who register.**

Accommodation and meals available separately for purchase.

Thank you for disposing of me respectfully

## Upcoming Retreats

### Release and Renew: Vajrasattva Retreat with Ven Chokyi

Complete your year with the powerful act of releasing all that has gone before and start the New Year with a renewed sense of calm, feeling inspired and motivated. In Buddhist purification, we can let go of the past with mindfulness and perception, and open up to the brightness and potential of the present moment. In this state of openness, we resolve to make beneficial changes in our lives which help increase our emotional and mental wellbeing.



Our week-long Purification retreat has been described as life-changing by previous participants. With time for deep reflection in beautiful surroundings, we begin to see how our thoughts, speech and actions have influenced the course of the year; we start to notice how our relationships have been impacted by our own responses to life.

Through the gentle but powerful and stabilising practices of meditation, Buddhist mantra recitation and visualisation we are encouraged to loosen our hold on the past, release our anxieties and regrets, and let go of our pain and heartache. Through the beautiful and profound act of purification, we refresh ourselves with strong, positive mental habits, replacing negativities and worries with potent, aspirational resolutions for the future. This transformative process clears the way for us to fully embrace a more relaxed, peaceful, and happy approach to life.

Come along and join us for this period of surrender, quiet reflection and positive transformation in the peaceful setting of Chenrezig Institute. You will enjoy the tranquil ebb and flow of a traditional Buddhist retreat and be supported in your journey with like-minded people. The retreat ends with a beautiful symbolic light offering ceremony, a sublime memory to carry forward into the New Year. This retreat is suitable for beginners or experienced practitioners alike, but a basic understanding of karma will greatly benefit your time here. All welcome!

**Tuesday 26<sup>th</sup> Dec, 6.30pm - Sunday 31<sup>st</sup> Dec, 9.00am. Facility fee \$275 Accommodation and meals available separately for purchase. They are discounted by 10% for those attending the full retreat.**

## Upcoming Retreats



### **Path to Peace: Annual Lam Rim Retreat with Geshe Phuntsok Tsultrim and Ven Chokyi**

Our annual lam-rim retreat has been running at Chenrezig Institute since 1974 and benefited many thousands of people looking to understand and integrate the teachings of the Buddha into their everyday life.

This year our Lam Rim will be divided into two phases of teaching. In the first phase Geshela will teach extensively on the Four Noble Truths, the Buddha's first and most essential teaching. These fundamental teachings are a perfect place to start for new students and an important place to return to for more experienced ones.

In the second phase of teachings Geshela will teach from a rare Lam Rim Commentary "The Blissful Path to Omniscience, the Red Guide to the Stages of the Path to Enlightenment" composed by Lobsang Chokyi Gyaltsen and recommended by Lama Zopa Rinpoche. These inspiring teachings will challenge more experienced students to assess how they are applying the teachings in their lives.

Complimenting these teachings will be a program of yoga, meditation, discussion and sacred art experience. You'll experience daily life in our thriving Buddhist community, and discover the relevance and freshness of traditional Buddhist teachings to your own life. The lam-rim has been greatly appreciated many thousands of people as an excellent means for clarifying their direction in life, no matter their religion or philosophy. Join us at the start of the New Year for this wonderful retreat, and discover ways to transform your own life. All welcome!

**Tuesday 2<sup>nd</sup> Jan, 6:30pm - Sunday 14<sup>th</sup> Jan, 1.30pm. Facility fee \$500. Accommodation and meals available separately for purchase. They are discounted by 10% for those attending the full retreat.**

## Prayers for Lama Zopa Rinpoche's good health



Every year FPMT CEO Ven. Roger Kunsang, on behalf of the FPMT organization, checks with one of Lama Zopa Rinpoche's gurus and also with Khadro-la (Rangjung Neljorma Khadro Namsel Drönme) to determine what practices should be done to help create the conditions for Lama Zopa Rinpoche to have good health for the coming year. In 2017 **The prayers** Khadro-la advised are the *Vajra Cutter Sutra* and the *Dependent Arising: A Praise of the Buddha (Tendrel Topa)*.

To ensure that we complete these prayers for our Spiritual Director, Lama Zopa Rinpoche we are adding them into our regular schedule of events. The Vajra Cutter Sutra recitation will be added to Dzambhala Puja on the first Sunday of every month and also added to our regular monthly program.

We are requesting everyone to join in and keep track of their recitations of these prayers during the rest of this Tibetan year! At the end of the Tibetan year (i.e., just before Losar 2018) we will ask everyone to send us the number of prayers recited and will offer the total number of accumulated recitations to Rinpoche. If you would like to contribute to this effort please contact us at [spc@chenrezig.com.au](mailto:spc@chenrezig.com.au) so that we can forward you the prayers and the dedication and of course record your numbers to offer to Rinpoche.



Thank you for disposing of me respectfully

## Wellbeing Program



### Cultivating Collaboration: Relationship Balance with Corey Jackson

*"In the long history of humankind, those who learned to collaborate and improvise most effectively have prevailed."* - Charles Darwin

We're all born with an innate drive to interact and collaborate yet our relationships can be the root of frustration and unhappiness. In this course you'll learn to cultivate constructive, harmonious relationships that can enhance your quality of life personally and professionally. We will share ancient techniques to enhance mindfulness, empathy and compassion supported by the psychology of what makes relationships rewarding (or not).

**Saturday 4<sup>th</sup> Nov, 9.00am - Sunday 5<sup>th</sup> Nov, 4.30pm.**  
**Held in the Wellbeing Centre at Chenrezig Institute.**  
**Facility fee \$120.**

*Corey is passionate about using ancient practice in a thoughtfully modern, user friendly context. He has a BA in Psychology and Sanskrit from Sydney University.*

### How to be Happy: Guidelines Creating Contentment with Ven Tsultrim (Carla Pearse)

The 16 Guidelines are being used by people worldwide to transform problems and create happiness and wellbeing. They are not a set of commandments or quick fixes. Instead, they offer an opportunity to explore your own life experiences. You can use them to experiment with new ways of thinking, acting, relating to others and finding meaning in your life.

**The course is run as two workshops giving students time to reflect and try practical strategies between them. Those who can only attend one workshop will be supported with follow up opportunities to complete the course.**

**Workshop One: Saturday 11<sup>th</sup> Nov, 9.00am - Sunday 12<sup>th</sup> Nov, 4.30pm.**  
**Held in the Wellbeing Centre at Chenrezig Institute. Facility Fee \$108.**

**Thank you for disposing of me respectfully**

## Wellbeing Program

### Restorative Yoga to relax and re-energise your body and mind with Annie McGhee

Stay cool and calm as summer approaches, taking time to slow down, nurture yourself and surrender to a deeper sense relaxation for your body and mind.

We'll use props to support the body into safe and comfortable positions to facilitate deep relaxation and ease. Resting in each pose you'll be able to calmly observe your thoughts arising and fading, meeting them with kindness and acceptance. Restorative yoga emphasizes relaxation and stillness and is appropriate for everyone. Most poses are done on the floor and held from five to fifteen minutes.

**Friday 17<sup>th</sup> Nov, 6.30pm - Saturday 18<sup>th</sup> Nov, 4.30pm.**  
**Held at the Wellbeing Centre at Chenrezig Institute.**  
**Facility fee \$75.**



*Annie McGhee is a registered yoga teacher who has been practising for more than five decades. She has been a student of Tibetan Buddhism for 20 years.*

### Yantra Yoga with Emily Coeling

Each yoga sequence performed in Yantra Yoga aims to guide the breath into natural harmony with mind and body. Synchronizing every movement with conscious breathing we find ourselves in a perfectly relaxed state.

Yantra Yoga was first introduced to the West in the 1970s by Chögyal Namkhai Norbu, one of the foremost Dzogchen masters of our time who wanted to share its immense benefits. For those that have already done a course, we will repeat The Eight Movements LungSang, to purify prana.

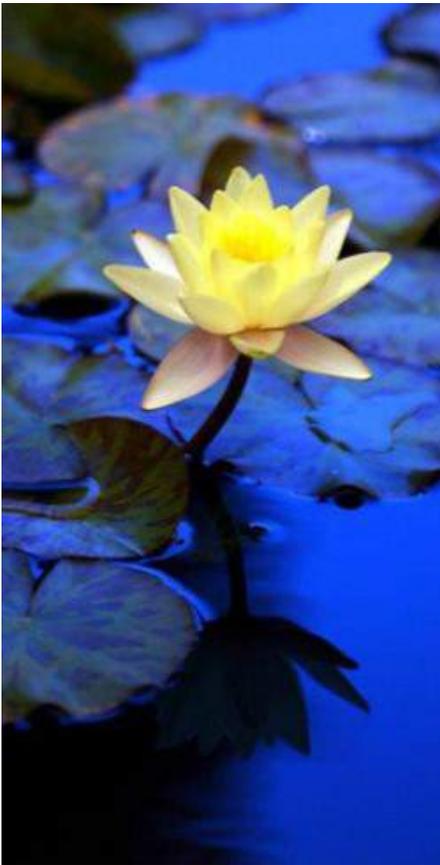
**Sunday 19<sup>th</sup> Nov, 10.00am - 4.00pm. Held in the Wellbeing Centre at Chenrezig Institute. Facility Fee is \$75.**



*Since meeting Chogyal Namkhai Norbu and learning Yantra Yoga from him in 2003 Emily has devoted herself to this practice.*

**Thank you for disposing of me respectfully**

## Wellbeing Program



### Stop Struggling and Start Flourishing with NeLi Martin

Do you lack confidence? Are you working in a high-stress job? Preparing for a big challenge in your life, or just want to be happier, healthier, and more fulfilled? You can learn scientifically-proven techniques to:

- reduce stress and worry
- rise above doubt and insecurity, building confidence
- handle painful thoughts and feelings far more effectively
- break self-defeating habits and develop self-acceptance
- improve performance and find fulfilment in your work

**Acceptance and Commitment Training (ACT)** is a mindfulness based approach in psychology that enables us to get our lives moving in rich, full and meaningful ways.

Don't miss this opportunity to start flourishing!

**Saturday 25<sup>th</sup> Nov, 9.00am - Sunday 26<sup>th</sup> Nov, 4.30pm.**

**Held in the Wellbeing Centre at Chenrezig Institute.**

**Facility fee \$120.**

*NeLi Martin is a Buddhist psychologist who integrates mindfulness, yoga and dance practices into her work with people from all walks of life.*



Tsa Tsas are \$150 to sponsor individually or you may make a donation of any amount to the project.

### Chenrezig Tsa Tsa Project

Imagine the back wall of the Chenrezig Gompa covered with beautiful golden Chenrezig Tsa Tsas. This is the vision that Lama Zopa Rinpoche shared with us at his last visit. Our art studio team has been working hard to make this vision a reality and due to their dedication and the generosity of our sponsors we have already managed to get 112 of these beautiful Tsa Tsas in place.

We are now asking for help to sponsor the remaining 22 Tsa Tsa's so that we can realize this vision in time for Rinpoche's visit in 2018. Please help us fulfill Rinpoche's abundant vision for a wall of golden Chenrezig Tsa Tsas. We are hoping to have this project completed by December 2017 in time for our Annual Chenrezig Retreat. Please see the Donations and Projects page of our website.

**Thank you for disposing of me respectfully**

## Weekly Wellbeing Program

### Yoga with Sarah

Sarah has been practicing yoga for 12 years and teaching internationally for 8. She teaches Bikram, Vinyasa and most recently Yin yoga giving her a combination of strength, fluidity, flexibility and awareness. She continues to learn and discover herself through practicing yoga.

**What to expect from Thursday classes:** Each week we will explore and open different parts of the body. There will be breath work, deep soothing stretches and slow relaxing cool down. We'll bring our focus inwards with mindful movement to experience a sense of stillness and deep renewal, tapping into our inspiring surroundings and the rhythm and flow of nature.

**Thursdays 4.30pm - 5.30pm in the Wellbeing Centre.**

**Facility Fee: \$12 per class. Book on line or join us in the Wellbeing Centre.**



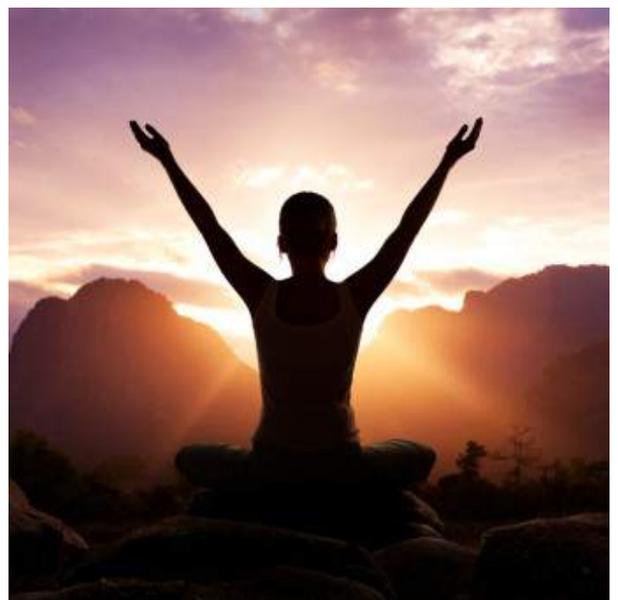
### Pilates with Andreas

Andreas has been teaching pilates since 2004 and has 17 years of yoga experience including teaching internationally. With his passion for enhancing the physical experience and his deep awareness of human anatomy, including personal experience of invasive surgery, Andreas helps people overcome their physical and mental challenges using a safe and gentle approach.

**What to expect from Friday classes:** Each week we'll strengthen the bodies powerhouse of core muscles working with a mindful intention to create deeper awareness and balance. Creating long strong muscles we'll focus on natural movement patterns that allow us to avoid physical stress and strain and feel healthier and happier in our bodies.

**Fridays 4.30pm - 5.30pm in the Wellbeing Centre.**

**Facility Fee: \$12 per class. Book on line or join us in the Wellbeing Centre.**



**Stay** Chenrezig Institute offers a unique opportunity to stay in a Tibetan Buddhist community. Come for our weekly classes, courses or retreats or simply enjoy the peaceful rainforest atmosphere.

There is a range of comfortable and affordable accommodation options, ranging from \$27 per night for a simple dorm room through to \$80 per night for your own comfortable retreat hut with ensuite. Please visit our website for a detailed list and photos of all our accommodation options.

We look forward to welcoming you.



**Play** While you're here you might like to visit our beautiful **Garden of Enlightenment**, consecrated by the Dalai Lama. Our friendly **library** volunteers are happy to share their knowledge of our impressive collection of books and dvds. You can sign up for our weekly yoga classes in our **Wellbeing Centre**. Down in the **Art Studio** you can learn traditional Buddhist arts such as tsa tsa painting and stupa making.

Our **Dharma gift shop** has everything you need to set up your altar, as well as a wide selection of books, practice items and gifts for friends and family.

**Open 10.00am - 2.00pm ,Thurs - Fri and 8.30am - 3.00pm Sat - Sun.**



**Eat** Lama Yeshe began the tradition of cooking for students and the custom of preparing meals with mindfulness and care continues to this day, with many volunteers offering service under the guidance of our experienced cooks. Breakfast, lunch and supper are available as well as delicious homemade cake, chai and tea. All our food is vegetarian and a vegan, gluten and dairy free option is available to order for lunch.

*We cook our meals especially for you, so please ensure you book before 10.00am on the day of your meal and let us know if you are gluten or dairy free or Vegan so that you wont be disappointed.*



**Opening Hours:**  
**7.00am – 6.30pm Thursday to Sunday**  
**Breakfast 7.00am to 8.00am**  
**Lunch 12 noon to 1.00pm**  
**Supper 5.30pm to 6.30pm**

**November**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<b>1</b> <b>Advanced Program</b>	<b>2</b> <b>Advanced Program</b> <b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm <b>Yoga</b> 4:30pm - 5:30pm <b>Mind and Cognition</b> 6.30pm - 8.00pm	<b>3</b> <b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm  <b>Pilates</b> 4:30pm - 5:30pm (Wellbeing)	<b>4</b> <b>Relationship Balance</b> Commences 9am (Wellbeing)  <b>Calm Abiding Meditation</b> 9 am - 3:30pm (Main Gompa)  <b>Medicine Buddha Puja</b> 6:30pm	<b>5</b> <b>Relationship Balance</b> Concludes 4.30pm (Wellbeing) <b>Welcome Day Program</b>  <b>Dharma Club</b> 10.15am <b>Tsa Tsa Painting</b> 2.00pm (Art Studio) <b>Dzambala Puja</b> 6.30pm (Main Gompa)
<b>6</b> <b>Advanced Program</b>	<b>7</b> <b>Advanced Program</b>	<b>8</b> <b>Advanced Program</b>	<b>9</b> <b>Advanced Program</b> <b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm <b>Yoga</b> 4:30pm - 5:30pm <b>Mind and Cognition</b> 6.30pm - 8.00pm	<b>10</b> <b>Buddha Day</b> <b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm <b>Pilates</b> 4:30pm - 5:30pm (Wellbeing)	<b>11</b> <b>DB: Introduction to Tantra Retreat</b> Commences 9am (Main Gompa)  <b>How to be Happy</b> Commences 9am (Wellbeing)	<b>12</b> <b>DB: Introduction to Tantra Retreat</b> Concludes 3.30pm  <b>How to be Happy</b> Concludes 3.30pm (Wellbeing)  <b>Mantra Rolling</b> 10.00am to 3.00pm (Art Studio)
<b>13</b> <b>Advanced Program</b>  <b>Guru Puja</b> 6.30pm	<b>14</b> <b>Advanced Program</b>	<b>15</b> <b>Advanced Program</b>	<b>16</b> <b>Advanced Program</b> <b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm <b>Yoga</b> 4:30pm - 5:30pm <b>Mind and Cognition</b> 6.30pm - 8.00pm	<b>17</b> <b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm <b>Pilates</b> 4:30pm - 5:30pm <b>Restorative Yoga Retreat</b> 6.30pm <b>Unbound Heart</b> Commences 6.30pm (Main Gompa)	<b>18</b> <b>Vajra Cutter Sutra</b> 9.00 am - 12 noon <b>Restorative Yoga Retreat</b> concludes 4:30pm (Wellbeing)  <b>Unbound Heart</b> (Main Gompa)	<b>19</b> <b>Unbound Heart</b> Concludes 4.30pm  <b>Yantra Yoga</b> 10 am - 4pm (Wellbeing)  <b>Vajrayogini Practice Day</b> 9.30am to 3pm
<b>20</b> <b>Advanced Program</b>	<b>21</b> <b>Advanced Program</b>	<b>22</b> <b>Advanced Program</b>	<b>23</b> <b>Advanced Program</b> <b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm <b>Yoga</b> 4:30pm - 5:30pm <b>Mind and Cognition</b> 6.30pm - 8.00pm	<b>24</b> <b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm <b>Pilates</b> 4:30pm - 5:30pm (Wellbeing)	<b>25</b> <b>Awakening your Blissful Nature</b> Commences 9am (Main Gompa)  <b>Stop Struggling, Start Flourishing</b> Commences 9am (Wellbeing)	<b>26</b> <b>Awakening your Blissful Nature</b> Concludes 3.30pm  <b>Stop Struggling, Start Flourishing</b> Concludes 4.30 pm (Wellbeing) <b>Tara Puja</b> 6.30pm
<b>27</b> <b>Advanced Program</b>	<b>28</b> <b>Advanced Program</b> <b>Guru Puja</b> 6.30pm	<b>29</b> <b>Advanced Program</b>	<b>30</b> <b>Advanced Program</b> <b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm <b>Yoga</b> 4:30pm - 5:30pm <b>Mind and Cognition</b> 6.30pm - 8.00pm	<p align="center"><b>Weekly in the Wellbeing Centre</b></p> <p align="center">Yoga with Sarah in the Wellbeing Centre every Thursday 4:30pm to 5:30pm</p> <p align="center">Pilates with Andreas in the Wellbeing Centre every Friday 4:30pm to 5:30pm</p>		